

Healthy Food Access Fast Facts

To provide you with the best science and to reduce review time, please find the following science-approved facts for use in your campaigns and materials. After each fact you will also find fast facts based on the science that can be cut and pasted word-for-word without need for additional science review. Please note that any change in wording will result in the need to run your documents through science review before release.

FACT 1

According to the 2010 White House Task Force on Childhood Obesity, limited access to healthy food choices can lead to poor diets and higher levels of obesity and other diet-related diseases.

Fast Facts:

- ▶ When people lack access to healthy food, they are at a higher risk of developing chronic diseases such as type 2 diabetes and heart disease.
- ▶ When their neighborhoods lack access to healthy food, people are more likely to develop chronic diseases such as type 2 diabetes and heart disease.

Source:

White House Task Force on Childhood Obesity. Solving the Problem of Childhood Obesity Within a Generation. May 2010. https://letsmove.obamawhitehouse.archives.gov/sites/letsmove.gov/files/TaskForce_on_Childhood_Obesity_May2010_FullReport.pdf

FACT 2

Nationally, low-income areas have far fewer supermarkets and significantly more convenience stores, limiting healthy options for our children and families.

Fast Facts:

- ▶ Low-income neighborhoods around the country have far fewer supermarkets and therefore less access to healthy food for kids and families than higher-income neighborhoods.
- ▶ In low-income neighborhoods across the United States, there are far fewer supermarkets which means less access to healthy food for kids and families than in higher-income neighborhoods.
- ▶ People living in low-income neighborhoods across the country have more access to convenience stores than supermarkets, compared to higher-income neighborhoods.

Source:

Moore, Latetia V., Ana V. Diez Roux, Jennifer A. Nettleton, and David R. Jacobs, Jr. "Associations of the Local Food Environment with Diet Quality--A Comparison of Assessments Based on Surveys and Geographic Information Systems: The Multi-Ethnic Study of Atherosclerosis." *American Journal of Epidemiology* 167.8 (2008): 917-24

Powell, Lisa M., Sandy Slater, Donka Mirtcheva, Yanjun Bao, and Frank J. Chaloupka. "Food Store Availability and Neighborhood Characteristics in the United States." *American Journal of Preventive Medicine* 44.3 (2007): 189-95.

FACT 3

Proximity to neighborhood supermarkets is associated with healthier living and lower body weight, as found in several large cross sectional studies.

Fast Facts:

- ▶ When people live closer to their neighborhood supermarkets, it is more likely that they will have healthier lifestyles and weigh less.
- ▶ When people live closer to their neighborhood supermarkets, they are associated with having healthier lifestyles and weighing less.

Source:

The Grocery Gap: Who Has Access to Healthy Food and Why It Matters. Policy Link and The Food Trust. 2010.
http://thefoodtrust.org/uploads/media_items/grocerygap.original.pdf

FACT 4

In communities that lack supermarkets, families often depend on corner stores for food purchases, but most of these stores sell packaged foods and offer few healthy options. A study conducted in 2007 by Temple University's Center for Obesity Research and Education and The Food Trust found that on average, students were spending \$1.07 per visit and consuming 356 calories in snack and beverages per purchase.

Fast Facts:

- ▶ People living in neighborhoods that don't have supermarkets buy food and beverages from corner stores. However, most corner stores sell few, if any, healthy options. On average, kids consume more than 350 calories every time they purchase snacks and beverages from corner stores.
- ▶ Families living in neighborhoods without a supermarket buy groceries from corner stores, which typically sell few, if any, healthy options. On average, kids are consuming snacks and drinks that contain more than 350 calories every time they make a purchase from a corner store.

Source:

"Healthy Corner Store Initiative OVERVIEW." The Food Trust. 2014.
http://thefoodtrust.org/uploads/media_items/healthy-corner-store-overview.original.pdf

FACT 5

According to a report from the CDFI Fund, if you are black, non-Hispanic you are 2.49 times more likely to live in a limited supermarket access area than if you are white, non-Hispanic. If you are Hispanic, you are 1.38 times more likely to live in a limited supermarket access area than if you are white, non-Hispanic.

Fast Facts:

- ▶ According to a report from the CDFI Fund, black people are nearly two-and-a-half times more likely than white people to live in a neighborhood that has few, if any, supermarkets. Hispanic people are almost one-and-a-half times more likely than white people to live in a neighborhood with few, if any, supermarkets.
- ▶ According to a report from the CDFI Fund, black people are nearly two-and-a-half times more likely than white people to live in a neighborhood that lacks easy access to a supermarket. Hispanic people are almost one-and-a-half times more likely than white people to live in a neighborhood that lacks easy access to a supermarket.
- ▶ Compared to white people, black and Hispanic people are more likely to live in a neighborhood that lacks easy access to a supermarket.
- ▶ Compared to white people, black and Hispanic people are more likely to live in a neighborhood without a supermarket.

Source:

A Summary of Searching for Markets: The Geography of Inequitable Access to Healthy and Affordable Food in the United States. The CDFI Fund, The Reinvestment Fund, and the Opportunity Finance Network. 2012.
https://www.reinvestment.com/wp-content/uploads/2015/12/Searching_For_Markets-Summary_2011.pdf

FACT 6

According to a 2017 report from The Food Trust, Healthy Food Financing Initiatives (HFFI) revitalize distressed communities by supporting local business development and creating triple bottom line benefits with meaningful impacts on community health, job opportunities and economic stimulus. Healthy food retailers serve as economic anchors for further commercial revitalization, creating local jobs, generating tax revenues, and capturing local dollars within the community.

Fast Facts:

- ▶ Healthy Food Financing Initiatives (HFFI) help revitalize low-income neighborhoods and towns by stimulating the local economy.
- ▶ Healthy Food Financing Initiatives (HFFI) support local business development which can help revitalize low-income neighborhoods and towns.
- ▶ Healthy food retailers serve as anchors that can spur further commercial development, create jobs, generate tax revenues, and keep local dollars in the neighborhood or town.

Source:

HFFI Impacts: Nationwide Success of Healthy Food Financing Initiatives. The Food Trust. 2017.
<http://thefoodtrust.org/what-we-do/administrative/hffi-impacts>

FACT 7

According to a 2017 report from The Food Trust, it is estimated that 24 new jobs are created for every 10,000 square feet of retail grocery space, so a large market can generate between 150 and 200 full- and part-time jobs. As a result of the culmination of local, state and federal healthy food financing efforts, more than one thousand projects have been financed, tens of thousands of jobs created, and millions of healthy food retail square feet added.

Fast Facts:

- ▶ Healthy Food Financing Initiatives (HFFI) create jobs.
- ▶ Adding a grocery store or supermarket to a neighborhood or town helps the economy by creating jobs.
- ▶ According to a 2017 report from The Food Trust, for every 10,000 square feet of retail grocery space, it is estimated that 24 new jobs are created, and therefore, a large market can result in approximately 150 to 200 full- and part-time jobs.
- ▶ Efforts to increase access to healthy food across the country have created tens of thousands of jobs according to a 2017 report from The Food Trust.

Source:

HFFI Impacts: Nationwide Success of Healthy Food Financing Initiatives. The Food Trust. 2017. <http://thefoodtrust.org/what-we-do/administrative/hffi-impacts>

FACT 8

According to a Health Policy Snapshot from the Robert Wood Johnson Foundation, evaluations of the Pennsylvania Fresh Food Financing Initiative, which led to the financing of 88 healthy food stores or farmers' markets in underserved neighborhoods, found that:

- ▶ The initiative created or retained 5,000 jobs in struggling neighborhoods, and the majority of those jobs were filled by local residents living within three miles of their workplace.
- ▶ Total employment surrounding the supermarkets increased at a faster rate than citywide trends for four of five new stores examined, suggesting a positive effect on overall economic activity.
- ▶ The values of homes located within one-quarter to one-half mile of the new supermarkets increase by 4 percent to 7 percent (an average of \$1,500) after the stores open. The effect was larger in neighborhoods with weaker housing markets.

Fast Facts:

- ▶ According to a Health Policy Snapshot from the Robert Wood Johnson Foundation, 5,000 jobs were created or retained in struggling neighborhoods in Philadelphia through the Pennsylvania Fresh Food Financing Initiative. The majority of the jobs were filled by local residents living within three miles of the healthy food store or farmers' market where they worked.
- ▶ According to a Health Policy Snapshot from the Robert Wood Johnson Foundation, the values of homes in Philadelphia located within one-quarter to one-half mile of new supermarkets increased after the stores opened.

Source:

"Do All Americans Have Equal Access to Healthy Foods?" Health Policy Snapshot. Robert Wood Johnson. 2012. http://www.rwjf.org/content/dam/farm/reports/issue_briefs/2012/rwjf71327

FACT 9

A 2015 Hudson Institute report found that supermarket sales of lower-calorie foods and beverages grew more quickly between 2009 and 2013 than did sales for higher-calorie products. The study also found that lower-calorie sales growth is outpacing higher-calorie sales growth in both food deserts and non-food deserts, signifying that consumers, regardless of where they live or shop, are increasingly seeking out lower-calorie alternatives, and represent a market ready for change.

Fast Facts:

- ▶ A 2015 Hudson Institute report showed that sales of lower-calorie foods and beverages grew more quickly than sales of higher-calorie products at supermarkets between 2009 and 2013.
- ▶ Regardless of where consumers live or shop, they are increasingly seeking out lower-calorie options.

Source:

Cardello H and Wolfson J. How Supermarkets are Shaping Up and Growing Their Lower-Calorie Products. The Hudson Institute. 2015. http://www.rwjf.org/content/dam/farm/reports/issue_briefs/2015/rwjf420742